

Warning Signs of NEURASTHENIA

NERVOUS HEADACHES

BROODING ANXIETIES

RECURRING NEURITIS

SLEEPLESSNESS

NO APPETITE

DEPRESSION

DEBILITY

CHRONIC WEARINESS

NERVOUS INDIGESTION



Area of Pain

A fine network of nerves controls your digestion. Indigestion due to nerve weakness is very common. If you have nervous indigestion you will feel pain and discomfort in the area shown.

No sufferer from nervous debility, neurasthenia, and loss of vitality can get really well unless the vital processes are restored and the nerves, muscles, heart and tissues are built up scientifically. It is because they do all these things that Dr. Cassell's Tablets have brought lasting relief to millions.

BUILD UP NERVES, BRAIN & BODY

Dr. Cassell's Tablets act through the nerves. And remember that your nerves control the whole of your body. Your brain, your heart, your digestion, your muscles—all depend on your nerves. In Dr. Cassell's wonderful formula there are ingredients which are specially chosen for their great value in building up the vital cells.

IMPRESSIVE PROOF!

Neuritis—

"Dr. Cassell's Tablets have performed a miracle."

Faced with breakdown—

"...but I attribute my excellent health and vitality to Dr. Cassell's Tablets."

Insomnia, depression, couldn't eat—

"Dr. Cassell's Tablets have now cured me."

Neurasthenia—

"Dr. Cassell's have restored me to a happy healthy condition."

Indigestion for 4 years—

"Since taking Dr. Cassell's my health has greatly improved."

Now make up YOUR mind to get properly well—with Dr. Cassell's Tablets. Take your first health-restoring dose to-day. Prices: 1/3, 3/- & 5/- everywhere. Trial Size 6d.

DR CASSELL'S TABLETS

THE GREAT NERVE TONIC AND BODY BUILDER

STABBING PAINS IN FEET?



THROB! Throb! Throb! Do little devils seem to be stabbing your poor feet all day? Do your feet ache and tingle? The cause is stale Foot Acid in the skin pores. Your feet have 3,000 pores to every square inch! When feet get tired, stale Foot Acid chokes these pores, then piles up in the muscles. O-o-oh! your feet throb and ache! Corns and callouses form. You've got to shift that acid or go on suffering! The modern treatment is a daily foot-dip in warm water with a small handful of Radox added. Radox liberates 5 times as much oxygen as other bath salts. This life-giving oxygen supercharges the water, cleans out clogged pores, lets crippling acid get away. Swellings go down. Tired, acid feet are eased. Every chemist sells Radox 1/6 per 10 oz. pink packet, 2/6 double quantity. Cubes, 3 for 7d.

RADOX 10 oz. Pink Packet 1/6

BREATHE FREELY!

POISON gas is really the least of all the dangers that the civilian population will undergo during an air raid. But it is probably the danger that is most dreaded by the average city dweller.

The gas-mask that every citizen carries to-day is a constant urge towards "gas-consciousness."

And the very ignorance of the layman about poison gas tends to make him unduly apprehensive.

He has heard the statement that one gas bomb, dropped in Piccadilly-circus, would be sufficient to kill a million people.

He has been told that a new poison gas has been invented that will penetrate every gas-mask.

Whispers have reached him about the mysterious "dew of death."

All such stories, let it be noted right away, are absolutely false.

THE SCIENTIFIC EXPERT RECOGNISES AT ONCE THAT THEY ARE RIDICULOUS AND FANTASTIC.

This article is intended to convince you that your fears about gas are unfounded. It is not, however, designed to imply that elementary precautions against poison gas are unnecessary.

Keep your gas-mask always with you. It may prove to be a friend in need!

Poison gas was not Mass Murder Agent No. 1 in the Great War, as you have been led to believe.

Actually, the official statistics show that only one out of every eighteen wounded was a gas casualty, and only one out of every seventy-five killed was killed by gas.

The majority of gas deaths, furthermore, occurred in the original surprise attacks by the Germans in 1915, when our men had no protection against the clouds of chlorine suddenly released upon them.

Once gas-masks were provided, casualties dwindled rapidly and deaths became rare.

In spite of the fact that much more potent poisons—such as mustard gas—were utilised by the enemy.

Contrast the following figures.

On April 22, 1915, the Germans released 168 tons of chlorine from 5,730 cylinders on a four-mile front opposite trenches near Ypres.

The total casualties amounted to 20,000, of which 5,000 were fatal.

During the final two months of the German retreat in 1918, 2,000,000 rounds of gas shells, containing 4,000 tons of mustard gas, were fired against the advancing British troops.

But gas defence had progressed to the point

This is a page which should be pasted up in every A.R.P. Shelter.

It contains the first of three articles by PROFESSOR KENDALL of Edinburgh University. Recently he wrote a book which startled Britain by declaring that the possible effects of air raids had been exaggerated.

Here he repeats the heartening truth.

His book, "Breathe Freely," which gives the full story, costs only 3s. 6d., and is published by G. Bell and Sons, of London.



where it took nearly eight tons of mustard gas to kill a single man!

Your gas-mask is vastly superior to the 1918 model.

Defence has outstripped attack. That is why poison gas is not being employed in the field to-day.

Furthermore, unlike the soldier in the field, you will always receive ample warning and opportunity to take shelter before poison gas arrives.

Recent Government tests on a gamekeeper's cottage enveloped in a spray of mustard gas for an hour showed that, even in an unprotected room, people wearing the ordinary civilian gas-masks would not have been seriously harmed.

And mustard gas is still "the king of poison gases"—no more efficient toxic agent exists.

If, therefore, you keep calm during an air raid and put on your gas-mask as soon as you receive the slightest indication that gas is being used, it will simply not pay the enemy ever to employ poison gas against you at all.

The carrying power of his bombing 'planes is limited.

And an incomparably greater amount of death and destruction could be effected by means of incendiary and high-explosive bombs than by gas.

Hitler's only possible reason for the use of poison gas on civilians will be the hope that ignorance and fears regarding it will induce uncontrollable panic.

If you refuse to panic, then every gas bomb



that the enemy may drop will represent just so much wasted effort.

The chemical filling of your civilian gas-mask will completely hold back any practicable poison gas or smoke, known or unknown.

Your lungs and eyes are impregnable, so long as you wear your mask.

If you are near enough to be splashed by liquid from a gas bomb, remember that a high-explosive bomb in the same spot would have blown you to pieces.

Remember, too, that forty-nine out of every fifty men blistered by mustard gas in the Great War made a perfect recovery within a few weeks.

Professor Haldane has remarked, indeed, that the blisters produced are considerably less dangerous than measles.

Alarmists love to quote the fact that one ton of mustard gas is sufficient to kill the whole population of the British Isles.

This would be true, in fact, if that population all stood in a line with tongues out, waiting for the drops to be dabbed on, but they are hardly likely to be so obliging.

One steamroller would suffice to flatten out all the inhabitants of London—if they lay down in rows in front of it!

But nobody panics at the sight of a steam-roller!

In short, there is not the slightest need to be afraid of gas.

Your mask affords you perfect protection.

Practise yourself in adjusting it quickly and properly, so that you may feel as comfortable as possible while wearing it.

And whatever happens—BREATHE FREELY.

Professor Kendall's next article will deal with the effects of high-explosive bombs.

She cried out—and we heard her!

Here is true-life story sent by a reader under our Pledge of Secrecy.

SOON after we had our new calendar last January my husband and I marked off a day in pencil.

It seemed a very long way off, then.

But often during the past months I have stopped my housework, just to turn over the leaves of the calendar and see the day, neatly marked in pencil.

I knew I was foolish to be so certain. They say that if you look forward to a thing too much you sometimes come in for a fall.

But then I can't blame myself for looking forward to a holiday.

And a holiday, at that, which would have been the first one my husband and I had been able to take for seven years.

My eldest boy is seventeen. He passed

matric this summer, but in any case he was going to leave school and begin work at the beginning of August.

That was part of our plan.

Our girl started work in July. She's only fifteen but we had decided that she wouldn't do much good by staying on at school.

In any case we couldn't really afford to keep her on there.

It's been this business of watching pennies that's stopped us from having a holiday since the boy was ten and began going to a secondary school.

We couldn't let them go without their holidays, of course.

We were able to send the boy away with the school camp, which was a very sensible thing the school started a few years ago.

The girl has been away with the Girl Guides each year.

And now they're both at work.

We are very thankful. As my husband says, everything has worked out as we planned for the children.

It hasn't worked out quite like that for mummy and daddy, though.

The holiday we were going to have isn't going to come off after all.

It's no good crying about these things. The only thing to do is just to get on with your work as if nothing had happened.

And I'll have to smile to myself when I tear off the calendar to-morrow evening.

To think what a lot has happened since we put the pencil mark on it last January.

The war has robbed us of our holiday.

It just shows you. It's silly to be so certain about these things.